



RED RIVER MASTERS
Winter Invitational
Short Course Yards



Date: Saturday March 2, 2019

Times: Saturday March 2, 2019
Warm-up 10:30 a.m.
Meet Starts 11:30
a.m.

Sanction: Sanctioned by Southern Masters Swimming for USMS Inc. (TBD)

Facility: BHP Billiton Branch of the YMCA of Northwest Louisiana in the Miles A Fitzgerald Pool at 3455 Knight Street in Shreveport, Louisiana. Indoor, 8-lane 25 yard course, depth 9 feet at starting end, 4'4" feet at turning end; indoor, 8-lane 25 yard pool available for warm-up during the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Rules 2019 USMS Rules shall govern.

Eligibility: All participants must be registered with United States Masters Swimming. A copy of your 2019 USMS card is required with the completed entry.

Deadline All mail-in entries must be received by February 23, 2019.

Fees: \$30.00 per swimmer for the full meet

Entries: Swimmers may enter a maximum of six individual events per day, plus relays. Prior to February 23, 2019, please mail completed entry form, copy of USMS card, and check (payable to YMCA of NWLA) to:

John Janszen
Winter Invitational
3455 Knight Street
Shreveport, LA 71105

Seeding: All events will be seeded slow to fast without regard to age. There will be a short break after the 200 medley relay, before the 200 freestyle relay, and after the 200 freestyle relay. All events are timed finals.

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc.
Relays 18+, 25+, 35+, 45+, etc. (the age of the youngest relay member determining the age group)

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays are double points. Results:

Will be available on the Internet at ymcanwla.org

Director: John Janszen (318) 674-9635 Email – JJanszen@ymcanwla.org
Referee: TBD
Hospitality: A meal will be provided after the meet for all participants and volunteers.
Hotel: Hilton Shreveport
104 Market Street
Shreveport, LA 71101
318-698-0900

Order of Events (See follow page)

Saturday March 2, 2019
Warm-up 10:30 a.m.
Meet Starts 11:30 a.m.
200 Medley Relay
100 IM
200 Back
50 Free
100 Breast
50 Back
200 Fly
100 Free
50 Fly
500 Free
200 IM
50 Breast
100 Back
200 Free
100 Fly
200 Breast
200 Free Relay
1000 Free

****ENTRY FORM****
Red River Masters
WINTER INVITATIONAL

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 03/02/2019): _____ DOB: _____ Sex: _____
 Address: _____ City/State: _____
 E-Mail Address: _____ Zip Code: _____ Phone: _____
 USMS #: _____ Team Name: _____ Team Abbreviation: _____

* Circle desired event numbers and list seedtime in yards (if you do not have a time, please estimate a seed time based on a practice swim). Limit of six individual events. Relays deck entered.

SHORT COURSE YARDS

Saturday, March 2, 2019		
Warm-up 10:30 a.m. Meet 11:30 a.m.		
Mixed	Event	Seed Time
1	200 Medley Relay	xxxxxxxxxxxx
2	100 IM	
3	200 Back	
4	50 Free	
5	100 Breast	
6	50 Back	
7	200 Fly	
8	100 Free	
9	50 Fly	
10	500 Free	
11	200 IM	
12	50 Breast	
13	100 Back	
14	200 Free	
15	100 Fly	
16	200 Breast	
17	200 Free Relay	xxxxxxxxxxxx
18	1000 Free	

* There will be a short break between relays and distance swims on Saturday.

LIABILITY RELEASE:

The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT must be signed and turned in before participating in the swim meet. Mail entries to:

John Janszen at 3455 Knight Street, Shreveport, LA 71105.

Fees due Saturday, February 23, 2019
\$30.00 per swimmer for the full meet. Late entries will be charged an additional \$5. Send copy of 2019 USMS registration card
Payable to YMCA of NWLA



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK
AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.